

Breast cancer awareness

Join the
Thingamaboob
campaign.
Page 2

Average size lump found by getting regular mammograms.
Average size lump found by first mammogram.
Average size lump found by clinical breast examination by a healthcare professional.
Average size lump found by women checking their own breasts.

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Men's varsity soccer

Condors are on a roll heading into the playoffs.
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MONDAY, OCTOBER 19, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR — NO. 20

EVERYONE LOVES A PARADE



PHOTO BY ALEX COOKE

The Royal Military College of Canada band marched in the K-W Oktoberfest Thanksgiving Day parade on Oct. 12, despite cold temperatures and cloudy skies. The college, based in Kingston, was founded in 1963. Originally a bagpipe band, it now includes brass and reed sections. See Page 6 for more photos.

Conestoga to receive funding for infrastructure

By SARAH MACINTOSH

Conestoga College will be receiving \$72 million in federal and provincial funding through the Knowledge Infrastructure Program and Ontario's 2009 budget.

The Knowledge Infrastructure Program is a two-year, \$2-billion financial motivation measure that supports infrastructure enhancement at Canadian post-secondary institutions.

The program, which is an obligation made in the 2009 Economic Action Plan, is providing financial incentive and employment locally by creating jobs for engineers, architects, tradespeople and technicians.

"The Knowledge Infrastructure Program is a \$2-billion direct response by this government to the needs of colleges and universities," said Gary Goodyear, minister of state for science and technology. "This program will create jobs and leave a lasting legacy by creating world-class research facilities."

The project will include building the new Conestoga Cambridge campus, which will feature a 260,000-square-foot building that will house the School of Engineering and Information Technology and the Institute for Food Processing Technology.

At the Waterloo campus, a 12,000-square-foot facility will be built to house the Conestoga/Ontario Industrial Roofing Contractors Association Roofing Skills Training Centre.

And, the Heating, Ventilation and Air Conditioning Skills Training Centre will receive a 10,000-square-foot addition to the building at the main campus.

"The university and college facilities impacted by the Knowledge Infrastructure Program encourage an increase of world-class researchers to work in Canada by providing world-class facilities and offering the most innovative tools which are required to make the discoveries that will bene-

fit Canadians and people around the world," Goodyear said. "This government's investment will provide almost immediate economic stimulus in the short-term locally while significantly strengthening Canada's capacity for long-term research and far-reaching innovation."

When work is completed, an extra 2,350 student places and 800 new places for apprentices will be created.

Conestoga is working in partnership with Alliance of Ontario Food Processors on the Institute for the Food Processing Technology in Cambridge as well as the Ontario Industrial Roofing Contractors Association for the Roofing Skills Training Centre at the Waterloo campus.

Through the Knowledge Infrastructure Program and the Ontario 2009 budget, governments of Canada and Ontario are investing \$1.5 billion into 49 projects at Ontario's colleges and universities.

College's culinary students mix it up at Oktoberfest

By FREEMAN CARTER

"Quality, quality, quality!" Chef Philippe Saraiva shouts it up with event staff, dancing it to the live music and sneaking extra pancakes to the kids.

"Yes Chef!" the uniform response comes from the first-year Conestoga College culinary students.

With a seriousness in the kitchen akin to Gordon Ramsay, and the showmanship of any Iron Chef, it should come as no surprise that Chef Philippe has been the main man behind the annual Oktoberfest Family Pancake Breakfast for the past 15 years.

"I would have to say that we will probably make between 20,000 and 30,000 pancakes, as well as 40,000 sausages this year," Chef Philippe said.

The sausages were specially made by Piller's Sausages and Delicatessens Limited from a once-a-year recipe, just for the pancake breakfast. Coffee and apple cider were provided by Baden Coffee Company and Wellesley Brand Apple Products.

During the breakfast, Chef Philippe was never in the same spot for long. He flitted

between demanding perfection from his students, chatting it up with event staff, dancing it to the live music and sneaking extra pancakes to the kids.

The cold weather couldn't dismay the crowd, particularly little William, almost three years old. When asked if the pancakes were good, he just gave a happy grin around a mouthful, and kept eating.

People were asked to bring a non-perishable food item to help support the Food Bank of Waterloo Region, or make a small monetary donation. Last year, just under 3,000 pounds of food and almost \$2,000 was donated. Local radio station personalities from KIX 106.7 FM, 96.7 CHYM FM and 570 News were on hand to help out, and talk to their fans.

After 28 years, the Oktoberfest Family Pancake Breakfast is still going strong, thanks to volunteers like Chef Philippe and Conestoga's culinary students.

"I would guess that we have cooked over a million pancakes to date," Chef Philippe proudly said, before running off to check on his students once more.

See Page 7 for photos.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What do you do to put yourself to sleep if you are lying in bed, wide awake?



"Probably go for a run. It tires me out and it's easier to sleep when you're tired."

Brandon Moyer,
first-year
LASA

"I have a few things. I try to watch TV or listen to really mellow music. A nice warm shower or a glass of hot milk tends to put me to sleep."

Chaitra Raju,
first-year
visual merchandising



"Read a fiction book that is boring so that I can fall asleep."

Jamie-Lee Warren,
first-year
ECE



"I usually get up and have a cup of tea, maybe watch a little TV until I get tired."

Angie Reid,
first-year
human service foundations



"I listen to music on my iPod. Not traditional music, nature sounds or just a piano."

Keith Kerswill,
first-year
registered practical nursing



"I try and make a dream happen in my head. Create my own picture."

Courtney Nixon,
first-year
journalism-print



Smile Conestoga, you could be our next respondent!

Interesting Thingamaboob raises breast cancer awareness

By LISA BUCHER

Thingamaboob, a word that will never slip the tip of your tongue, is a strange looking doohickey, taking you back to those days of baffling trinkets and treasures found in your grandmother's purse, leaving you puzzled. What could this be?

Although like nothing found in grandma's handbag, a Thingamaboob will leave you doubly dumbfounded, initially by its odd appearance and then by its brilliant purpose. Yes, unlike most trinkets this one has a secret to tell.

The item is an integral part of an awareness campaign that opens your eyes to the importance of breast awareness and health in a way no pink apparel, ribbon or poster campaign could ever achieve.

The Thingamaboob, created in 2005 by the Canadian Cancer Society, is a key chain made of four opaque fuchsia beads representing breast lumps.

The smallest bead, about the size of an apple seed, represents a lump found through regular mammograms. The next bead is about the size of a pea, demonstrating the average size of a lump found by the first mammo-

gram. The third is approximately the size of a grape and shows the average size of a lump found by a health-care professional during a physical exam.

The largest bauble, approximately the size of a cherry tomato, demonstrates the size of a lump found upon self-examination. At the top of the bauble chain is the Canadian Cancer Society's signature yellow daffodil.

The Thingamaboob comes in a clear plastic bag with a pamphlet that says, You are your best key to breast health.

"Talking about breast cancer may not be a topic that everyone feels comfortable discussing," said Erica Voisin, fundraising co-ordinator for the Canadian Cancer Society of Waterloo Region.

"The Thingamaboob is a great tool because it can help you break the ice and get the conversation started with all of the special women in your life by visually showing them that regular mammograms can find the smallest lump and detect cancer the earliest, which means there is a better chance of treating the cancer successfully."

This year Between Friends cartoonist, Sandra Bell-Lundy, joined forces with the

Canadian Cancer Society on the Thingamaboob campaign, creating a series of three light-hearted comic strips.

"I was approached by an agency working on the Canadian Cancer Society's campaign to promote regular biannual mammograms for women from age 50 to 69," Bell-Lundy said. "They wanted to know if I could create a little story line using the characters from my Between Friends comic strip that would address some of the issues women have for avoiding mammogram screening. I jumped at the chance, not only because I thought it was an important message, but I felt my women characters and the intimate interaction style of the strip was a perfect fit. I was very pleased to be able to contribute."

A Thingamaboob costs \$5 and can be purchased at the Canadian Cancer Society offices in Waterloo and Guelph, at cancer.ca/thingamaboob or at Vicanie's Fine Lingerie in Guelph and Kitchener.

The proceeds go to a number of breast cancer research projects across Canada, as well as provide people with support and information services and promote healthy public policies and lifestyles.



PHOTO BY LISA BUCHER

Bethany Bucher displays some lingerie that is available for those who want to subtly support breast cancer awareness. Two dollars from every purchase is donated to the cause. Items are available at Vicanie's Fine Lingerie & Luxuries in Guelph and Kitchener.

Dance your way to a fitter you

By JUSTINE REIST

Whether you're dancing your way across your room, hitting the dance clubs on the weekend or secretly wishing your significant other would scoop you up and cha-cha you across the floor, you're in luck.

Not only is dancing a fun way to spend your time it's also a great way to relieve stress and exercise.

"Anyone at any age can benefit from taking dancing classes," said Melissa Armster, communications co-ordinator at Impact Movement Studios.

"Having fun and enjoying yourself is key to leading a happy life. We want to help by offering fun dance and fitness classes."

Dancing is known to help people relieve stress and help

improve self-esteem by mastering a new skill.

Not only will you feel great about yourself, but school might become just a little bit easier for you.

"Dancing is a great way to help your co-ordination and endurance," said Heather Grant, a nurse at Guelph General Hospital. "I recommend it to people all the time."

Classes can also help you improve your balance and posture and help increase your energy by exercising, which is a key component in keeping your energy up.

"You can accomplish anything from burning straight calories to building muscle," said Armster.

Not only will dancing help you on the outside, but it can help you reduce your risk of coronary heart disease,

decrease your blood pressure, strengthen the bones of your legs and hips and help you manage your weight.

Fast-paced dancing with quick and frequent movement changes such as zumba, which is Latin cardio, can help you burn up to 500 calories a class. More slow, controlled movement in other dances help you build muscle.

"If you're looking to lose weight or tone yourself, dancing is the way to go," said Grant.

Impact Movement Studios offers classes for pole dancing zumba, hip hop and pilates among others.

The business is located at 161 King St. W. in Kitchener.

You can find their class schedules at www.impact-movement.ca



PHOTO BY JUSTINE REIST

Dancers take part in one of the many classes at the Impact Movement Studios in Kitchener.



PHOTO BY MITCH MUIR

The women's varsity fastball team made the playoffs this year despite a 4-0 loss to Durham in the final regular season game.

Fastball team makes playoffs

By MITCH MUIR

Despite a gut-wrenching loss to Durham College, the women's varsity fastball team still made the playoffs, finishing the year with a record of 3-9.

Conestoga's Suzanne Hall ended with a .333 batting average in 10 games, while teammates Brittany Proud and Ashley Renning finished tied with the most RBIs with four each.

The final game of the season was on Oct. 8, and it was going quickly until the top of the sixth inning when two errors cost the Condors two runs. The lone bright spot of the inning was Tiffany Anjema's diving catch in centre field to record the second out.

The Condors weren't able to muster much heat during the game, although they were

able to keep the Durham offence in check until the sixth inning. Considering Durham is 11-1, with only 15 points scored against them, this was a positive.

The seventh inning wasn't much better than the sixth. The first Durham batter smacked a single to the outfield, and the next batter promptly sent a ground ball to the infield. The Condors were only able to get the batter out. The Durham runner on second then stole third base.

Two batters later, a double was sent to centre field. This was followed by a single, which put runners on first and third, which set the stage for the final run after a single to right field.

Conestoga could not get a comeback going, resulting in a final score of 4-0.



VOLUNTEERS NEEDED

Volunteer with a child at their school and help improve their self-esteem and confidence. 1-3 hours a week commitment.

Call
Canadian Mental Health
744-7645 x314

The Distress Centre needs volunteers to provide confidential, supportive listening on our Crisis & Distress lines. Complete training provided.
Call 519 744-7645 x 300

You are invited to
Femfest 2009

Thursday, November 5
6:30 to 10 p.m.

at the Schwaben Club in Kitchener

This fundraiser is a celebration of women. Come for an evening of free pampering and do some shopping in our silent auction. Check out www.sascwr.org for ticket and event details.



PARTICIPANTS NEEDED FOR MULTI-SITE STUDY ON POST-SECONDARY STUDENTS' EXPERIENCES WITH BEING RECRUITED FOR ACADEMIC RESEARCH

Participation involves completion of a 15-minute online survey on a secure website

For more information, please contact Dr. Maureen Nummelin (519-748-5220 Ext. 3859) or

Visit the survey site

<https://www.surveymonkey.com/Conestoga-student-survey>

This study has been reviewed through the CCITL Research Ethics process.

Cellphone ban a step in the right direction

By CHRIS BATT

Ontario drivers will have to hang up the phone before the end of this month.

On Oct. 26, a provincial ban on cellphone use while driving will come into effect. Queen's Park passed the ban in April, but time was needed to decide on certain exemptions.

The ban affects all hand-held telephones and entertainment devices. Drivers who wish to use the telephone while driving will have to purchase a hands-free kit, which uses voice dialling and a headset.

Police will begin a three-month education period to allow drivers to acquire hands-free devices, and issue warnings. Full enforcement of the law will begin on Feb. 1, 2010 when fines of up to \$500 can be issued.

Ontario is the fourth Canadian province to enact a ban on cellphone use in cars. Newfoundland and Labrador, Quebec and Nova Scotia have already passed laws. Manitoba and Saskatchewan are also considering a ban on cellphones while driving.

This law addresses the issue of driving distractions, which have become a problem on Ontario's roadways.

A Study by the Insurance Institute for Highway Safety shows that drivers are four times more likely to crash if talking on the phone. Another study conducted by Virginia Tech showed that drivers are 23 times more likely to crash if texting.

Although technology has improved our lives, it has also made routine activities such as driving more dangerous. Devices such as cellphones, Blackberrys and iPods are tempting to use while driving, but present a grave threat to motorists. Hopefully this legislation will save lives.

Many people forget to realize that driving requires an individual's complete concentration, as problems can arise in a fraction of a second. Those few seconds spent fiddling around with a cellphone can mean the difference between life and death when travelling on highways at speeds exceeding 100 km/h.

This legislation ought to ignite a cultural change in Ontario — one where people stay focused on driving instead of on mobile devices, thereby making our roads safer.

The views herein represent the position of the newspaper, not necessarily the author.



Onkel Hans takes on electric trains

I wonder what would happen if an Onkel Hans parade float went head-to-head with an electric train.

Waterloo Region's plan to bring electric trains to the area by 2014 has met with opposition because it will disrupt the King Street route of the Oktoberfest parade. This parade is broadcast nationally and draws 150,000 spectators. King Street will be narrowed by the train's double tracks which will run down the middle of the road with trains connected to overhead wires. There is concern the floats will be too wide. A proposed alternative route down Weber Street isn't really an option because that street is too busy and congested, plus a good parade route can't have many hills.

I am not discounting the value of Oktoberfest, especially for the local economy. The annual Bavarian festival brings in about \$21 million, and about \$1.5 million is poured into charities. And I will give Oktoberfest planners credit because they are willing to find a compromise. The trains won't be operational until 2014, giving Oktoberfest organizers plenty of time to come up with a new route. However, there are critics of the electric rail plan who think that this one-day



Janelle
Scheifele
Opinion

parade is a valid enough reason to cancel the new transit plan altogether.

These opponents need to consider that the electric trains will benefit people 365 days a year and improve the current very poor transit system. I use public transit to take the bus to school, but the service does not meet current needs and is certainly not efficient. I am lucky that my transfers happen to line up and I can get home in about half an hour, but some of my fellow students have a two-hour bus ride from Waterloo to Conestoga. That is four hours daily, which is unacceptable.

The electric train plan will spend about \$710 million to run from Conestoga to Fairview Park malls. Another \$80 million will be spent on fast buses for Cambridge. Critics say this project is too expensive, considering most people drive everywhere. They also argue that there are not enough jobs downtown to lure enough riders to support it.

However, I lean toward the

side supporting this new plan. Jobs may not currently exist because there isn't a quick and efficient way to get downtown. Perhaps this new system would lure people and jobs into the area and help revitalize downtown. An excellent transit system would help get people out of their cars which would have a positive impact on the environment. Right now it is more convenient and quicker to drive everywhere, but if rapid transit was accessible it could become the transportation of choice.

Another aspect of this parade-train controversy that confuses me is that the trains won't be operational until 2014, over four years away. It is not like the parade is being forced to move by Sunday and everything is disrupted and organizers are scrambling to find a new route immediately.

I hope that in an innovative community that is credited with inventing the BlackBerry and has two local universities and a college, a compromise can be reached within four years. Councillors and Oktoberfest organizers surely have enough time to work together and find a way to modify floats or find a new route. It does not have to be a choice of either the parade or the trains — it is possible to have both.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

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CONESTOGA
STUDENTS INC

HALLOWEEN
PUB NIGHT

THURSDAY
OCT. 29TH

WHEN: 9:00 PM - 1:00 AM
WHERE: SANCTUARY

\$2.⁰⁰ ADVANCE ONLY

**BUY TICKETS
IN THE CSI
SERVE SERVE
AREA, ROOM 2A108**

**ALL AGES FOR
CONESTOGA
STUDENTS ONLY
(SUBJECT TO CSI POLICY)**

Proof of Age of majority required -

All CSI licensed events are subject to Smart Serve regulations.

Search before admittance and
no re-entry policies in effect.

No outside food or drink allowed.

PARADING AROUND TOWN DURING OKTOBERFEST

PHOTOS BY ALEX COOKE



Eddie Pereira and his daughter Sophie are all smiles at the Oktoberfest Thanksgiving Day parade Oct. 12.



The signature Horn of Plenty is the grand finale of the parade, which is the largest of its kind in Canada. Tens of thousands of people line the streets each year to take in the clowns, bands and floats.



A draft horse, with mane primed in braids, is fully harnessed with five other horses to draw a carriage.



A vintage fire truck crawls along King Street, periodically deafening spectators with its siren.

OKTOBERFEST JAMMIN' AT KITCHENER CITY HALL



PHOTO BY NICOLE FRANK

Despite the rain, the Oktoberfest Festival officially opened with a bang on Oct. 9, featuring live music at Kitchener City Hall. Oktoberfest attracts over 700,000 people from all over the world and runs from Oct. 9 to 17.

FEELING A LITTLE BIT CRABBY



PHOTO BY LISA BUCHER

Conestoga College students may not have the time for a dog or cat, but a hermit crab would make a good pet. Hermit crabs are hypo-allergenic and low maintenance and are easy to care for. They don't need a lot of space and are odourless. However, they are nocturnal and social so you do need more than one.



Pancake Breakfast



Top: Brisk weather was hardly a deterrent for this year's Oktoberfest Pancake Breakfast.

Top right: Chef Philippe Saraiva takes time out to introduce one of his students to the volunteers.

Left and right: First-year Conestoga culinary students worked hard to produce over 20,000 pancakes and 40,000 sausages over the course of a couple of hours.

Bottom left: Twin City Alpine Echo provided live entertainment for the breakfast.

Bottom right: Kids were eager to get their parents up and dancing, much to their chagrin.

PHOTOS BY
FREEMAN CARTER



YOU HAVE THE POWER TO CHANGE YOUR LIFE AT WORK



TO PART-TIME COLLEGE SUPPORT STAFF:

The Ontario Labour Relations Board has called a vote to find out if part-time support staff at Ontario community colleges want to join the Ontario Public Service Employees Union. If you want a better life at work, there's only one thing to do: **VOTE YES!**

This vote is open to all **college support staff** who work **24 hours per week or less**. This includes students who work for a college under the Ontario Work Study Plan and other student aid programs.

Right now, your wages and working conditions are set by the college. You don't have any say in the matter.

By joining with your fellow college workers as part of OPSEU, you'll have a voice. You'll build your power together and start to deal with issues that matter to you:

- **lower pay** than full-timers doing the same work
- **no complaints process** if you are treated unfairly by your boss
- **no rights** when it comes to getting a better job at the college

- **no job security** from semester to semester or from year to year

When you **VOTE YES** to OPSEU, you'll be voting to give yourself a strong, professional voice in the workplace. OPSEU has over 40 years' experience representing full-timers in every college. OPSEU is fully democratic and accountable to you.

Take the next big step to a better life at work...

VOTE YES!

At **Conestoga College**, vote on **Oct. 20** at:

Oct. 20: Room 3, Learning Resource Centre,
299 Doon Valley Dr., Kitchener
8:30 a.m. – 10:30 a.m.
1:30 p.m. – 4:00 p.m.



The vote is by secret ballot and is supervised by the Labour Relations Board. Neither the union nor your employer will ever know how you voted.



You do not pay union dues until you and your co-workers approve a collective agreement.



ELIGIBLE VOTERS MAY VOTE AT ANY VOTE LOCATION IN

ONTARIO. VOTE TIMES AND LOCATIONS MAY CHANGE.

TO FIND OUT MORE, VISIT WWW.COLLEGEWORKERS.ORG

BEFORE YOU VOTE OR CALL 1-866-811-7274.



OPSEU SEFPO Ontario Public Service Employees Union
Syndicat des employés de la fonction publique de l'Ontario

Enjoy Thai at the Mango Salad

By MICHELLE SOMMER

From the tablecloths embroidered with little elephants to the large bowls of steaming coconut rice, everything in the Thai eatery was unique.

A small restaurant located in the heart of Ingersoll, the Mango Salad was the perfect getaway.

The simple sign on the exterior did little to convey the true tone of the restaurant, however, the moment you walked inside everything changed.

There was genuine Thai décor throughout the restaurant, including a notably large banana plant positioned by the window.

Similar to the outward appearance, the service was in good taste. Although there were only two servers in the dining room and two chefs in the kitchen, they were welcoming and seemed eager to assist diners in any way.

The meal was brought out in a short period of time, but even so there was not a single fault to be found in the dishes.

The coconut rice was sweet and with an original flavour



PHOTO BY MICHELLE SOMMER

The owners of the Mango Salad restaurant in Ingersoll, who are also the chefs, hold dishes of chicken satay and pad Thai. The restaurant specializes in Thai food.

and the chicken satay was prepared with the perfect blend of spices.

The banana fritters were the obvious choice for dessert. A pastry well-known to several East-Asian countries, they were close to being authentic, except for the drizzle of honey.

For a relatively small

restaurant, the menu was extensive and the prices affordable.

Appetizers were priced anywhere from \$3 to \$10 and the cost of an entrée was approximately \$15.

From dining to décor, this restaurant offers a unique Thai experience. It is located at 92 Thames St. in Ingersoll.

International students invited to Survivor Conestoga

By NICOLE FRANK

Survivor is coming to Conestoga.

This annual event, which is being held Oct. 26, focuses on health and safety awareness for international students.

Stations will be set up throughout the blue room from 2 to 5 p.m.

Information on harassment, drugs and alcohol, respect, healthy sexuality, safety and nutrition will be provided at the stations.

Shawna Bernard, a counselor in Counselling Services at the college, said the information provided at this event will greatly benefit international students.

"The students will learn how to survive and thrive."

Bernard said many international students have misconceptions of Canada and the college. The Survivor event will teach attendees how to be safe and how to have a positive experience in Canada.

Students will be placed into groups of about 15 and they will visit each station together.

This process will give students ample opportunity to ask any questions they might have.

Anita Couto, manager of international education at the college, has taken the Survivor event under her wing this year.

"We have to be aware of the international students on campus. We have to be sensitive."

— Anita Couto

She said that international students experience culture shock when they start school in a new community and country.

"We have to be aware of the international students on campus."

"We have to be sensitive," Couto said.

International students at the event can also expect prize giveaways, an aerobic exercise and healthy snacks.

WIN AN iTouch*

Do you study? Are you in Business or Hospitality?

Have you completed at least 2 semesters here at college?

* Participate in our online study for your chance to win one of three iPod Touch media players!

Only 10 minutes and completely confidential.

Visit the LRC website under "Student Services" to participate!

Not sure if you want to participate? Then contact:
Dr. Dave Smiderle
School of Business and Hospitality at:
kmresearch@conestogac.on.ca

Other prizes include:

- 1 of 5 Food Services Gift Certificates (\$50 each)
- 2 Bookstore Gift certificate (\$100)



HOROSCOPE

Week of Oct. 19, 2009



Aries
March 21 -
April 19

This week you will have a guest speaker in one of your classes. They will contradict almost everything your professor has taught you.



Libra
September 23 -
October 22

This week you will find a cockroach in your bedroom. This is not an omen of anything. This means you need to clean your residence.



Taurus
April 20 - May 20

You will be sick all week from something funny you ate. Start cooking all your own food and invest in a quality set of cooking thermometers.



Scorpio
October 23 -
November 21

This week someone will put Nair in your shampoo bottle. If you are reading this now, go buy some new shampoo and hide it when it is not in use. Act before it is too late.



Gemini
May 21 - June 21

A speeding thesaurus will hit you. A thesaurus is not a kind of dinosaur. If you thought it was you might want to buy a dictionary.



Sagittarius
November 22 -
December 21

This week you will get a tattoo of the heroic Bruce Campbell wielding his mighty boomstick. This is an awesome idea.



Cancer
June 22 - July 22

You will realize that Jim Morrison was a drunken buffoon who masqueraded as a poet. However, musicians who are proud of being drunken buffoons are poets.



Capricorn
December 22 -
January 19

A puppy will bite you. Remember that puppies do not bite hard but their teeth are unbelievably sharp. Don't wear nice stuff.



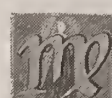
Leo
July 23 - August
22

This week you will see a bad TV show called Grey's Anatomy. You will join a class-action lawsuit, which is suing the network for wasting your time with such garbage.



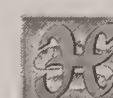
Aquarius
January 20 -
February 18

You will injure yourself at some point this week when you sneeze. Be careful from now on. Sneezing exerts a great deal of force and can cause whiplash.



Virgo
August 23 -
September 22

You will be out and a DJ will put on the Jonas Brothers. You will lead a mob who hate such trash. Enjoy your new job as a DJ.



Pisces
February 19 -
March 20

This week you will end up with a song by Harry Belafonte stuck in your head. Stop watching Beetlejuice and Matilda.



Nick Dasko is a second-year journalism student holding fate in the palm of his hand.

Golf tournament raises \$20,000

By DANE BRASON

More than \$20,000 was raised at this year's annual Alumni and Friends Open golf tournament which was hosted by Rebel Creek golf club in Petersburg, Ont. The event has historically been one of Conestoga College's most successful fundraising events and this year was no different.

The proceedings are going to financial aid for students. This was the first time the event raised money for this cause. The Ontario Trust Fund for Student Support is

matching each dollar 3:1, meaning the event actually raised a total of about \$80,000.

"Our success this year had a lot to do with the event supporting our students financially," said Wendy Rose, alumni services and annual fund officer. "We also had a lot more support from the local business community."

The event consisted of a round of golf and a dinner afterwards. There were also many contests and prizes to be won while on the course, including a \$10,000 hole-in-one contest sponsored by

KOOL FM. Kellogg's was on hand offering product tasting between holes.

Chartwells, the school's cafeteria food provider, raffled off four tickets to the tournament at the Pond Party.

The dinner was hosted by Conestoga alumnus and Canada AM weatherman Jeff Hutcheson and the dinner was attended by 149 people. It also featured a silent auction.

"Having Jeff there was really great for this event," said Rose. "He really enjoyed it and would be happy to do it again."

Condors soar to 3-0 victory

By MITCH MUIR

On a cold, windy and rainy day, fans still made their way down to the soccer pitch to cheer on the Condors. The seagulls in the area were having some issues flying, but the Condors easily took flight over Lambton College on Oct. 6 with a 3-0 victory.

With the win, the men's team increased their unbeaten streak to nine games, with a record of 4-0-5.

Conestoga dominated the game from beginning to end, forcing the Lambton team to make many mistakes and turn the ball over. This led to the first goal being scored by Shane Lowry at the 41-minute mark.

The game then became a physical affair. Both teams were not afraid to show their muscle and shove each other in an attempt to get the ball.



PHOTO BY MITCH MUIR

The men's varsity soccer team dominated Lambton Oct. 6.

Many times this resulted in Lambton simply kicking the ball out of bounds or up field, handing it to the Condors.

The shot total throughout the game was heavily in favour of the Condors. They were much more organized and had far fewer turnovers.

With only a few seconds left in the game, Moe Yousufi scored Conestoga's third and final goal.

The men's team played Humber the next day to a 1-1 tie, extending their unbeaten streak to 10 games. The playoffs get under way this week.

COUNSELLOR'S CORNER: *Public Speaking Anxiety*

Do you do any of the following?

- Feel extreme anxiety when thinking about doing a presentation.
- Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech.
- Find your thoughts race and your mind blanks before or during a presentation.
- Select your program/course/assignments to be "safe" from having to make a speech.
- Risk low marks or failure in a course by not doing a speech.
- Develop creative excuses or illnesses (that feel real at the time) to avoid doing presentations.
- Let others in your group "carry" the presentation.
- Fear "making a fool of yourself" in front of teachers or peers.
- Believe everyone is fairly calm but see yourself as a "wreck."

These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a planful approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and then in situations with graduated levels of risk.

If your course work, your well being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety!

The following resources are available to you at the college:

Inquire about a Public Speaking Anxiety group in Counselling Services.

Read the Anxiety and Phobia Workbook, Bourne (available at the LRC on the shelf and on reserve). This approach must be supplemented with practice in front of friends, family or classmates.

Make an appointment with a counsellor in Counselling Services.

A Message from Counselling Services, 1A101.

Summer internship was student's dream come true

By JANELLE SCHEIFELE

Ghinel Bozek has big dreams and hopes to have an impact on the world.

"My whole goal on this earth is to impact or make my mark in a positive manner," she said.

Bozek, 20, is a second-year broadcast journalism student at Conestoga College. From Orillia, she arrived at Conestoga in a roundabout way. She first attended Laurentian University in Sudbury to study history and English, and then did a stint dancing for a cruise line and touring the Mediterranean and Egypt, a place she had always dreamed of visiting.

Bozek says travelling helped her learn more about herself, and discern the direction she wanted her life to take.

"I wanted to share my voice, my knowledge, my wisdom," she said.

In her first year at Conestoga, Bozek particularly enjoyed her news writing classes, taught by Larry Cornies. He got a very clear impression of Bozek right from the beginning.

"From about week one she always made her interest in fashion very evident," Cornies said.

Bozek has always been a fashion enthusiast, and carefully constructs her outfits.

"I feel like fashion is an art form," she said. "It represents who you are."

Both broadcasting and print journalism students are required to complete an 80-hour work placement before they graduate. Bozek applied to many well-known television stations like MuchMusic and the W Network, but actually found an internship while trying to land an interview with Jeanne Beker, the host of Fashion Television, for an article she was writing for Cornies' class.

Bozek eventually spoke with Jay Levine, the director of the Fashion Television channel. Levine was very impressed with her drive, vision and dreams, and he called her back later to schedule an interview. Bozek went to Toronto and Levine offered her an internship for the summer from May to the end of August.

Bozek lived in Toronto for the duration and rented a friend's apartment which was a short walk to the CTV building where Fashion Television is located. This building also houses other CTV stations



PHOTO BY JANELLE SCHEIFELE

Ghinel Bozek, a second-year broadcast journalism student, landed a summer internship at Fashion Television in Toronto.

such as CP24 and MuchMusic, where Bozek also made connections.

There were two other interns besides Bozek, and she got the opportunity to attend fashion shows, conduct interviews, produce, write scripts, research and attend parties. Bozek also covered the MuchMusic Video Awards and met celebrities such as the Jonas Brothers, Girlicious and Lady Gaga.

Even when Bozek interviewed celebrities, she didn't get nervous, intimidated or become tongue-tied.

"I try to keep that professional face," she said. "I deserve to be doing what I'm doing."

"It's really about listening to what they have to say... Let your personality show and that's when the fun begins."

All of the major interviews were done by Beker, the host of Fashion Television, but Bozek got to observe and see how everything works. The interviews Bozek did herself were for her online blogs, where she could post her writing, and link audio and video.

Although the internship wasn't paid, Bozek said that the experience was definitely worth it.

"You're paid with the knowledge and contacts you make," she said.

At the end of the summer, Bozek's contacts at Fashion Television encouraged her to keep in touch, and she is also covering Toronto Fashion Week for them from Oct. 19 to 24. She also anticipates that a paying job may be available for her when she graduates from Conestoga.

For students who don't know what they want to do with their lives, Bozek suggests that they get out into the world to learn about themselves.

"You need to travel, you need to see the world," she said. "If you don't know yourself, how do you know what you'll be good at?"



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